

**AMENDMENTS TO THE CLAIMS**

Please **CANCEL** claims 1-15 as shown below.

Please **ADD** new claim 16 as shown below.

The following is a complete list of all claims in this application.

Claims 1-15 (Cancelled)

16. (New) A green carbon foam having a density ranging from about  $0.1 \text{ g/cm}^3$  to about  $0.6 \text{ g/cm}^3$  and a thermal conductivity below about  $1 \text{ W/m/}^\circ\text{K}$  manufactured by the process comprising:

placing swelling coal particles in a pressure controlled reactor;

heating the coal particles to a first temperature ranging from about  $300^\circ\text{C}$  to about  $700^\circ\text{C}$  under a non-oxidizing atmosphere, wherein the pressure of said non-oxidizing atmosphere ranges from about 50 psi to about 500 psi; and

controlling said pressure in said reactor, wherein said pressure is maintained below about 500 psi,

wherein the steps of controlling pressure and heating said coal particles produces said green carbon foam.